

FRUIT AND VEGETABLE ACTIVITY GUIDE

Tracker, Journal, and Activity Book

Grades 3 - 8



An activity guide to explore Iowa specialty crop consumption.

Explanation

The purpose of this activity guide is to allow students to explore and expand their knowledge of specialty crops in Iowa, through a series of journals, logs and activities.

For information regarding this resource or the Iowa Farm to School Program please contact Tammy Stotts at tammy.stotts@iowaagriculture.gov or follow us on Facebook for the most current information at <https://www.facebook.com/IowaFarmtoSchool/>



I've tried that!

(Pre-assessment)

Put a ✓ under all of the specialty crops that you have already tried.

Apples	
Arugula	
Asparagus	
Beans	
Blueberries	
Broccoli	
Cabbage	
Cantaloupe	
Carrots	
Cauliflower	
Cherries	
Cucumbers	
Eggplant	
Grapes	
Kale	
Kohlrabi	
Leeks	
Lettuce	
Okra	
Onions	

Peaches	
Peas	
Pears	
Peppers	
Plums	
Potatoes	
Pumpkins	
Radishes	
Raspberries	
Rhubarb	
Rutabaga	
Spinach	
Squash	
Strawberries	
Sweet Corn	
Sweet Potatoes	
Tomatoes	
Turnips	
Watermelon	
Zucchini	

Challenge yourself to eat some of the things you have never tried before. You never know, you might find a new favorite! What are some things you hope to try:

Fruit & Vegetable Goals

Think about how many fruits and vegetables you want to try during this month. Set a goal:

- ____# of vegetables I plan to eat this month (different kinds)
 - ____# of vegetables I plan to try for the first time this month
 - ____# of fruits that I plan to eat this month (different kinds)
 - ____# of fruits I plan to try for the first time this month
- ✓ Make a commitment to eat at least 1 fruit or vegetable every day



Monthly Fruit & Vegetable Tracker

Put the date in the upper right hand box of each day, then write down every fruit/vegetable you try

MONTH _____							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	<div></div> <div></div> <div></div>	<div></div> <div></div> <div></div>	<div></div> <div></div> <div></div>	<div></div> <div></div> <div></div>	<div></div> <div></div> <div></div>	<div></div> <div></div> <div></div>	<div></div> <div></div> <div></div>
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Week 2	<div></div> <div></div> <div></div>	<div></div> <div></div> <div></div>	<div></div> <div></div> <div></div>	<div></div> <div></div> <div></div>	<div></div> <div></div> <div></div>	<div></div> <div></div> <div></div>	<div></div> <div></div> <div></div>
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Week 3	<div></div> <div></div> <div></div>	<div></div> <div></div> <div></div>	<div></div> <div></div> <div></div>	<div></div> <div></div> <div></div>	<div></div> <div></div> <div></div>	<div></div> <div></div> <div></div>	<div></div> <div></div> <div></div>
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Week 4	<div></div> <div></div> <div></div>	<div></div> <div></div> <div></div>	<div></div> <div></div> <div></div>	<div></div> <div></div> <div></div>	<div></div> <div></div> <div></div>	<div></div> <div></div> <div></div>	<div></div> <div></div> <div></div>
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Science Experiments:

Try these experiments at home or in the classroom and journal weekly progress:

- **<https://foodrevolution.org/blog/reduce-food-waste-regrow-from-scrap/>**
 - Growing food from food scraps (have kids try this in classroom or at home and journal weekly progress)
- **<https://www.kidsgardening.org/lesson-plans-eat-a-rainbow/>**
 - Health benefits of eating fruits and vegetables
- **<https://www.kidsgardening.org/lesson-plans-exploring-plant-dyes/>**
 - Investigate the use of plants to create natural dyes, experimenting with different dyeing methods and a variety of plant materials.
- **<http://www.familyconsumersciences.com/2010/04/introduction-to-vegetables/>**
 - Learn to classify and taste test vegetables

Activity Options

Pick one or multiple options below to have your student complete each week in October. Activity may be added to this guide or completed on separate sheets.

- Draw and write a description of your favorite fruit or vegetable
- Choose an age-appropriate lesson for your class <https://idph.iowa.gov/inn/pick-a-better-snack/teacher>
- Pick a fruit or vegetable and create a brochure or poster about that fruit or vegetable (include nutritional information, facts, pictures, recipe, etc.)
- Create a marketing poster featuring a fruit or vegetable of your choice
- Illustrate the life of a fruit or vegetable from seed to harvest
- Create an acrostic poem about a fruit or vegetable of your choice
- Write a song or act out a skit with a small group about vegetables or fruit and why they are important to your health
- Write a super hero story featuring a “SUPER” fruit or vegetable [The Awesome Adventure of Zach the Zucchini](#), etc.
- Visit a local farm or farmers market and report back to your class what you did and saw while you were there
- Invite a farmer or gardener to come speak to your class about what they do
- Read books about fruits, vegetables, farmers, harvest, markets and give a book report on the one you read
- Design a postcard that features Iowa specialty crops and explains why Iowa is great for growing food
- Design a garden with all of your favorite fruits and vegetables
- Create an ABC book that features Iowa specialty crops (each member of the class could create one page for a class book)
- Grow something in classroom or give it a try at home
- Feature fruit or vegetable of the day with these fact sheets from the Iowa Department Of Education <https://idph.iowa.gov/inn/pick-a-better-snack/fact-sheets>
- Play a game or have students complete a worksheet from this site (<http://www.foodchamps.org/>)

Activity 1 : _____

(please see list of activities (pg. 7) and complete below or on alternative sheet
as directed by teacher)

Activity 2 : _____

(please see list of activities (pg. 7) and complete below or on alternative sheet
as directed by teacher)

Activity 3 : _____

(please see list of activities (pg. 7) and complete below or on alternative sheet
as directed by teacher)

Activity 4 : _____

(please see list of activities (pg. 7) and complete below or on alternative sheet
as directed by teacher)

Pick a fruit or vegetable of the week!



There are so many ways to eat a fruit or vegetable. Try this challenge:

Take 1 fruit or vegetable of your choice and eat it for 5 days in a different way.

Example: Strawberries

Day 1: in a fruit salad

Day 2: in a yogurt smoothie

Day 3: as a strawberry vinaigrette

Day 4: peanut butter toast with sliced strawberries on top

Day 5: grilled chicken tacos with strawberry salsa

Write down the recipe you used each day. Don't forget to put a star by your favorite!

<p>Strawberry vinaigrette ★</p> <p>Mash a handful of strawberries with fork. Whisk in ¼ c balsamic vinegar. Slowly add ¼ c olive oil. Drizzle over your favorite salad</p>			
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Pick a fruit or vegetable of the week!

Take 1 fruit or vegetable of your choice and eat it for 5 days in a different way.

Fruit or Vegetable: _____

Write down the recipe you used each day. Don't forget to put a star by your favorite!

Unscramble the words to come up with fruits and vegetables

- Plape
- Bieerrs
- Opelnacet
- Oaotmt
- Oottap
- Wiki
- Nikmupp
- Ccuznihi
- Ucetetl
- Elak
- Tseeb
- Pesarp

•	_____
•	_____
•	_____
•	_____
•	_____
•	_____
•	_____
•	_____
•	_____
•	_____
•	_____

Journal #1:

Why is it important to eat fruits and vegetables regularly?

Look up nutritional facts and health benefits of a fruit and a vegetable. What are the similarities (shared benefits) and the differences (unique)?

Journal #2: Spice up your Dish!

Use familiar foods to create new dishes

Use foods you know and prepare new recipes, such as adding curry to chick peas, cilantro to brown rice, or mango to your salad or smoothie. Make half your plate fruits and vegetables.

Journal #3:

If I were a gardener, what would I grow in my garden and why?

Journal #4:

Pretend that you are a fruit or vegetable of your choice. Describe what a typical day might be like for you?



Steam Cooking

- Many vitamins & minerals are sensitive to heat and air. Better alternatives to boiling vegetables are: steaming, microwaving & stir-frying.
- Avoid chopping fruits & vegetables small as the less surface the quicker the nutrient loss.
- Cover your pots as you cook; the less cooking time the less nutrient loss.

Try a fruit or vegetable in a new way!

Dehydrate

de·hy·drate (v) Preserve food by drying

Dehydrated fruits and vegetables:

- Retain nearly all of their nutrients
- make great, easy-to-eat snacks
- If you don't have a dehydrator you can use an oven. Just turn it to the lowest setting, cut your fruits and vegetables into ¼ inch slices, and put them in the oven on a lined sheet pan for as long as they need, usually 6 to 8 hours. Consider dehydrating: pears, apples, corn, carrots, beets, and peaches.

How many uses can you find?

Take 1 fruit or vegetable and see how many ways it can be used. Identify your subject and list the uses. Describe one use in detail. Complete this project by listing a metaphor, common expression or a fun fact.

Example: Lemon

Definition: A tart citrus fruit.

Grown: Florida & California

Uses:

- 1) cooking
- 2) acne
- 3) younger skin
- 4) Lighten your hair color
- 5) used in furniture polish

Tell us more: Lemon juice contains 5% citric acid. The acid works with sunlight's UV rays to activate and accelerate the brightening process. Mix two parts freshly squeezed lemon juice with one part warm water in a spray bottle. Then sit in the sun.

Common metaphor/common expression/fun fact: The car was a lemon.

Now it's your turn:

Fruit or Vegetable:

Definition:

Grown:

Uses:

1)

2)

3)

4)

5)

6)

Tell us more:

Common metaphor/phrase/fact:

Try a recipe featuring a fruit or vegetable
grown in another part of the world.

What is it? _____ Where is it grown? _____
Did you try it? _____ Did you like it? _____

Recipe: _____



Fried Okra

Okra has a soft, mild flavor. Popular in Nepali dishes, okra cooks very quickly. Okra can be deep fried, sautéed, or put in a soup.

Ingredients

2 cups of okra
2 large potatoes
3 tablespoons of oil
Salt to taste

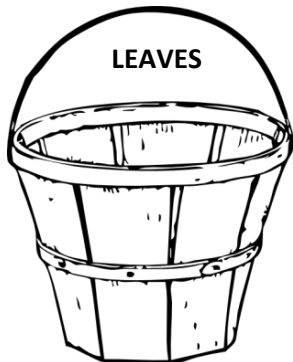
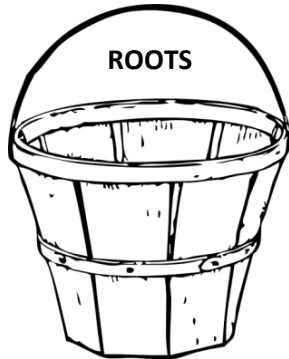
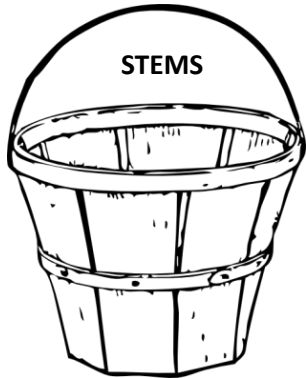
1 small onion
1 inch of ginger
¼ t tumeric

Directions

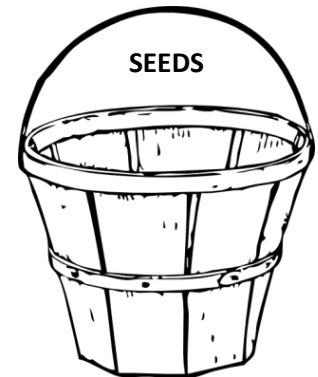
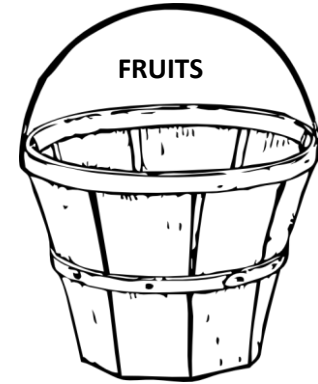
Cut okra lengthwise into thin pieces about ¼ inch in width. Peel and cut the potatoes lengthwise into the same size and set both aside. Chop onion into small pieces. In a pan, heat the oil on medium-high. When the oil is hot, add the chopped onion. While the onions are cooking, mash the ginger. Cook the onions until they are lightly caramelized. Next, add the turmeric and mashed ginger to the caramelized onions. Cook the ingredients for about 2-3 minutes. Turn the heat to medium, and add the okra and potatoes. Cover and stir occasionally. Cook for 10 minutes or until tender. Season with salt to taste. Serves 2-3. Recipe from LSI Global Greens

We eat all the different parts of plants!

Sort the part of the plant we eat into the appropriate baskets by drawing a line between the item and the basket.



CARROTS
CUCUMBERS
RADISHES
PEANUTS
CELERY
APPLES
TURNIPS
BROCCOLI
TOMATOES
PEPPERS
LETTUCE
PEAS
POTATOES
KALE



Compare and Contrast:

Compare how many fruits and vegetables you ate each week. Did you notice an increase as the weeks went on? Please share a few sentences about what you discovered.

Now, I've tried that!

(Post-assessment)

Put a ✓ under all of the specialty crops that you ate this month.

Apples	
Arugula	
Asparagus	
Beans	
Blueberries	
Broccoli	
Cabbage	
Cantaloupe	
Carrots	
Cauliflower	
Cherries	
Cucumbers	
Eggplant	
Grapes	
Kale	
Kohlrabi	
Leeks	
Lettuce	
Okra	
Onions	

Peaches	
Peas	
Pears	
Peppers	
Plums	
Potatoes	
Pumpkins	
Radishes	
Raspberries	
Rhubarb	
Rutabaga	
Spinach	
Squash	
Strawberries	
Sweet Corn	
Sweet Potatoes	
Tomatoes	
Turnips	
Watermelon	
Zucchini	

Look at the pre-assessment you took at the beginning of the month. List the names of the fruits and vegetables that you tried for the 1st time: _____

TOTAL CONSUMPTION (for 4 weeks)

- Total # of vegetables I ate this month _____
- Total # of vegetables I tried for the 1st time this month _____
- Total # of fruits I tried this month _____
- Total # of fruits I tried for the 1st time this month _____
- Total # of fruits and vegetables I tried for the 1st time this month _____

Goal Feedback:

1. Did you meet your goals that were set at the start of the month? Yes or No and why or why not?
2. What surprised you the most about your fruit and vegetable consumption over the 4 weeks?
3. List your favorite and least favorite vegetable/fruit that you tried.
4. How do you hope to maintain or increase your vegetable/fruit consumption going forward?
5. What was the most important thing/lesson learned from tracking your fruit and vegetable consumption?

Extra Monthly Fruit & Vegetable Tracker

Put the date in the upper right hand box of each day, then write down every fruit/vegetable you try

MONTH _____							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	<div></div> <div></div> <div></div>	<div></div> <div></div> <div></div>	<div></div> <div></div> <div></div>	<div></div> <div></div> <div></div>	<div></div> <div></div> <div></div>	<div></div> <div></div> <div></div>	<div></div> <div></div> <div></div>
Week 2	<div></div> <div></div> <div></div>	<div></div> <div></div> <div></div>	<div></div> <div></div> <div></div>	<div></div> <div></div> <div></div>	<div></div> <div></div> <div></div>	<div></div> <div></div> <div></div>	<div></div> <div></div> <div></div>
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